

ISSN: 2169-0499 Vol. 5, No. 2, March 2016



# Advances in Aging Research



ISSN: 2169-0499



[www.scirp.org/journal/aar](http://www.scirp.org/journal/aar)

# Journal Editorial Board

ISSN: 2169-0499 (Print), ISSN: 2169-0502 (Online)

<http://www.scirp.org/journal/aar>

---

## Editorial Board

<b>Prof. Anshu Agrawal</b>	University of California, Irvine, USA
<b>Prof. Michael G. Bemben</b>	University of Oklahoma, Norman Campus, USA
<b>Prof. Sarah L. Canham</b>	Johns Hopkins University, USA
<b>Prof. Hom Nath Chalise</b>	Purbanchal University, Nepal
<b>Prof. Sheying Chen</b>	Pace University, USA
<b>Prof. Maria de Fatima Falangola</b>	Medical University of South Carolina, USA
<b>Prof. Leonid A. Gavrilov</b>	NORC and the University of Chicago, USA
<b>Prof. Linda Ann Gerdner</b>	Stanford University, USA
<b>Dr. Lia Ginaldi</b>	University of L'Aquila, Italy
<b>Prof. Lesa Lorenzen Huber</b>	Indiana University Bloomington, USA
<b>Prof. Alexander V. Khalyavkin</b>	N.M. Emanuel Institute of Biochemical Physics of RAS, Russia
<b>Dr. Jean Kozak</b>	Providence Health Care, Vancouver BC, Canada
<b>Prof. Viacheslav N. Krutko</b>	I.M. Sechenov First Moscow State Medical University, Russia
<b>Prof. Dongmin Liu</b>	Virginia Tech, USA
<b>Prof. Ray Marks</b>	City University of New York, York College, USA
<b>Dr. Fabian Marcelo Norry</b>	National Council of Scientific and Technological Research, Argentina
<b>Dr. Ozioma C. Okonkwo</b>	University of Wisconsin School of Medicine & Public Health, USA
<b>Prof. Howard A. Palley</b>	University of Maryland, USA
<b>Dr. Darja Rugelj</b>	University of Ljubljana Faculty of Health Sciences, Slovenia
<b>Prof. Cheryl A. Sadowski</b>	University of Alberta, Canada
<b>Prof. Douglas Lees Schmucker</b>	University of California, San Francisco, USA
<b>Prof. Deug Y. Shin</b>	Dankook University, South Korea
<b>Dr. Hong Song-lee</b>	National University of Singapore, Singapore
<b>Prof. Donna M. Wilson</b>	University of Alberta, Canada

## Table of Contents

**Volume 5    Number 2**

**March 2016**

**Does Exercise in Older Adults Predict Problem Solving? The Role of Personality**

E. Helmes, J. Brown.....41

**Research Progress on Aging Mechanisms**

Q. Wang, F. J. Zhou, W. M. Xie, X. R. Zhao, X. Liu.....49

**Simple Nutritional and Inflammatory Markers Associated with Bed Sores in Elderly Stroke People**

M. Z. Abdulwadood, S. H. Ali.....58

## **Advances in Aging Research (AAR)**

### **Journal Information**

#### **SUBSCRIPTIONS**

The *Advances in Aging Research* (Online at Scientific Research Publishing, [www.SciRP.org](http://www.SciRP.org)) is published bimonthly by Scientific Research Publishing, Inc., USA.

#### **Subscription rates:**

Print: \$59 per issue.

To subscribe, please contact Journals Subscriptions Department, E-mail: [sub@scirp.org](mailto:sub@scirp.org)

#### **SERVICES**

##### **Advertisements**

Advertisement Sales Department, E-mail: [service@scirp.org](mailto:service@scirp.org)

##### **Reprints (minimum quantity 100 copies)**

Reprints Co-ordinator, Scientific Research Publishing, Inc., USA.

E-mail: [sub@scirp.org](mailto:sub@scirp.org)

#### **COPYRIGHT**

##### **COPYRIGHT AND REUSE RIGHTS FOR THE FRONT MATTER OF THE JOURNAL:**

Copyright © 2016 by Scientific Research Publishing Inc.

This work is licensed under the Creative Commons Attribution International License (CC BY).

<http://creativecommons.org/licenses/by/4.0/>

##### **COPYRIGHT FOR INDIVIDUAL PAPERS OF THE JOURNAL:**

Copyright © 2016 by author(s) and Scientific Research Publishing Inc.

##### **REUSE RIGHTS FOR INDIVIDUAL PAPERS:**

Note: At SCIRP authors can choose between CC BY and CC BY-NC. Please consult each paper for its reuse rights.

##### **DISCLAIMER OF LIABILITY**

Statements and opinions expressed in the articles and communications are those of the individual contributors and not the statements and opinion of Scientific Research Publishing, Inc. We assume no responsibility or liability for any damage or injury to persons or property arising out of the use of any materials, instructions, methods or ideas contained herein. We expressly disclaim any implied warranties of merchantability or fitness for a particular purpose. If expert assistance is required, the services of a competent professional person should be sought.

#### **PRODUCTION INFORMATION**

For manuscripts that have been accepted for publication, please contact:

E-mail: [aar@scirp.org](mailto:aar@scirp.org)



## Advances in Aging Research

ISSN: 2169-0499 (Print) ISSN: 2169-0502 (Online)

<http://www.scirp.org/journal/aar>

**Advances in Aging Research (AAR)** is an openly accessible journal published bimonthly. The goal of this journal is to provide a platform for scientists and academicians all over the world to promote, share, and discuss various new issues and developments in different areas of aging research.

### Editorial Board

Prof. Anshu Agrawal  
Prof. Michael G. Bemben  
Prof. Sarah L. Canham  
Prof. Hom Nath Chalise  
Prof. Sheying Chen  
Prof. Maria de Fatima Falangola  
Prof. Leonid A. Gavrilov  
Prof. Linda Ann Gerdner

Dr. Lia Ginaldi  
Prof. Lesa Lorenzen Huber  
Prof. Alexander V. Khalyavkin  
Dr. Jean Kozak  
Prof. Viacheslav N. Krutko  
Prof. Dongmin Liu  
Prof. Ray Marks  
Dr. Fabian Marcelo Norry  
Dr. Ozioma C. Okonkwo

Prof. Howard A. Palley  
Dr. Darja Rugelj  
Prof. Cheryl A. Sadowski  
Prof. Douglas Lees Schmucker  
Prof. Deug Y. Shin  
Dr. Hong Song-lee  
Prof. Donna M. Wilson

### Subject Coverage

All manuscripts must be prepared in English, and are subject to a rigorous peer-review process. Accepted papers will immediately appear online followed by printed hard copy. The areas covered by *Advances in Aging Research (AAR)* include but are not limited to the following fields:

- Age-Related Disease
- Aging, Death and Autophagy
- Aging on Emotion Regulation
- Calorie Restriction
- Cell Growth and Senescence
- Cognitive Neuroscience of Healthy Aging
- Genetic Mechanisms
- Gerontology
- Interventions to the Aging Process (Anti-Aging Strategies, Pharmacologic and Psychosocial Interventions)
- Modulation of DNA, DNA Damage and Repair

We are also interested in: 1) Short reports—2-5 page papers where an author can either present an idea with theoretical background but has not yet completed the research needed for a complete paper or preliminary data; 2) Book reviews—Comments and critiques.

### Notes for Intending Authors

Submitted papers should not have been previously published nor be currently under consideration for publication elsewhere. Paper submission will be handled electronically through the website. All papers are refereed through a peer review process. For more details about the submissions, please access the website.

### Website and E-Mail

<http://www.scirp.org/journal/aar>

E-mail: [aar@scirp.org](mailto:aar@scirp.org)